

PUSH/PULL ACTIVITIES			
PROGNOSIS	UP TO 50 POUNDS MODERATE PUSHING	UP TO 100 POUNDS HEAVY PUSHING	OVER 100 POUNDS VERY HEAVY PUSHING
1. CAN DO NOW	1, 2, 2	1, 1, 2	1, 1, 1
2. CAN DO INFREQUENTLY	2, 3, 3	1, 2, 3	1, 1, 2
3. AVOID AT PRESENT	3, 3, 3	2, 3, 3	1, 2, 3
4. CAN ONLY EVER DO INFREQUENTLY	4, 5, 5	1, 4, 5	1, 2, 4
5. AVOID PERMANENTLY	5, 5, 5	2, 5, 5	1, 4, 5

FIG. 11

LIFTING ACTIVITIES					
PROGNOSIS	SMALL/LIGHT SEDENTARY	UP TO 50 LIGHT	UP TO 50 MODERATE	UP TO 100 HEAVY	OVER 100 VERY HEAVY
1. CAN DO NOW	1, 2, 2, 2, 2	1, 1, 2, 2, 2	1, 1, 1, 2, 2	1, 1, 1, 1, 2	1, 1, 1, 1, 1
2. CAN DO INFREQUENTLY	2, 3, 3, 3, 3	1, 2, 3, 3, 3	1, 1, 2, 3, 3	1, 1, 1, 2, 3	1, 1, 1, 1, 2
3. AVOID AT PRESENT	3, 3, 3, 3, 3	1, 1, 3, 3, 3	1, 1, 3, 3, 3	1, 1, 2, 3, 3	1, 1, 1, 2, 3
4. CAN ONLY EVER DO INFREQUENTLY	4, 5, 5, 5, 5	1, 4, 5, 5, 5	1, 1, 4, 5, 5	1, 1, 1, 4, 5	1, 1, 1, 2, 4
5. AVOID PERMANENTLY	5, 5, 5, 5, 5	1, 5, 5, 5, 5	1, 2, 5, 5, 5	1, 1, 2, 5, 5	1, 1, 1, 4, 5

FIG. 12

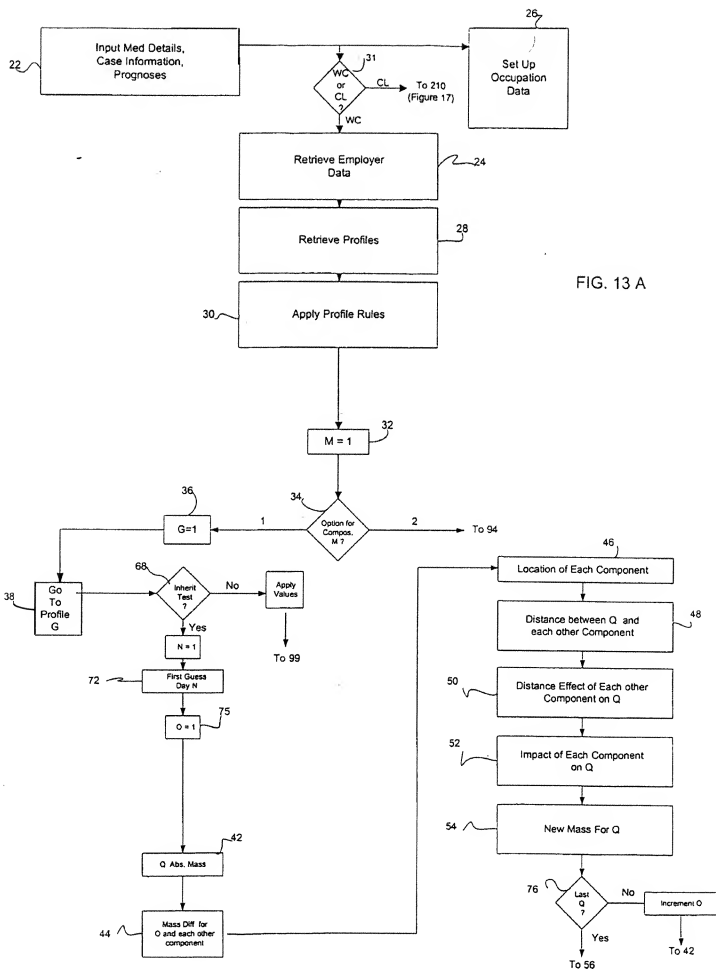


FIG. 13 A

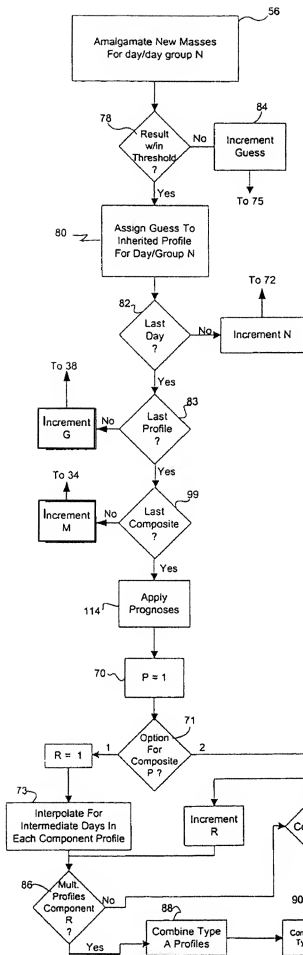
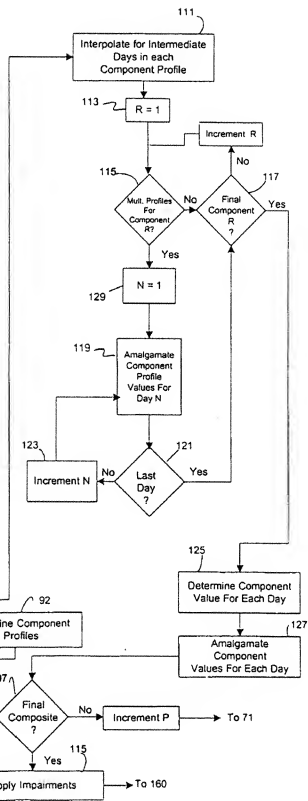


FIG. 13 B



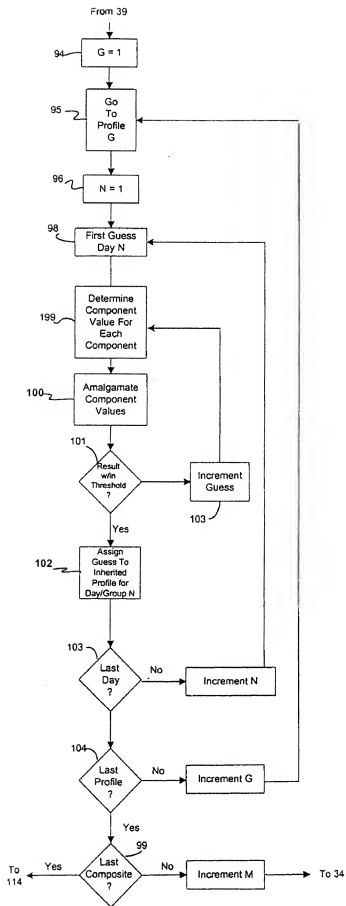


FIG. 13 C

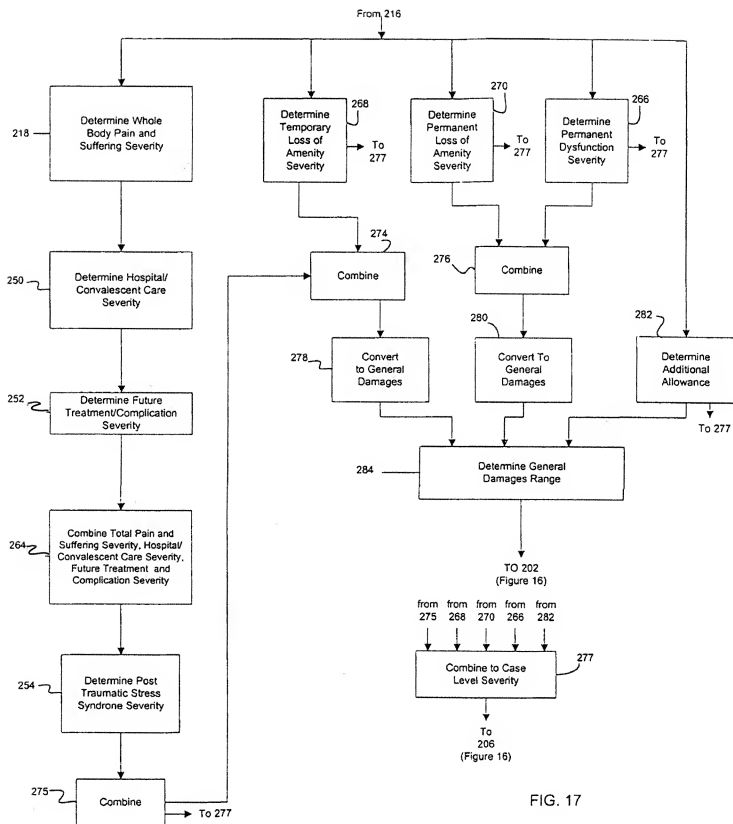


FIG. 17